

Informed Consent for Tele-Coaching

Andrea Feucht & The Center for Embodied Spirituality

I hereby consent to engage in distance coaching with Andrea Feucht as part of my non-psychotherapy sessions such as coaching, spiritual direction, and consultation. I understand that distance counseling includes the practice of coaching, spiritual direction, and consultation, and education using interactive audio, video, or data communications. Note that coaching, spiritual direction, and consultation do not fall under the category of medical or mental health, as such, Andrea does not diagnose.

I UNDERSTAND THAT I HAVE THE FOLLOWING RIGHTS WITH RESPECT TO DISTANCE COUNSELING:

I have the right to withhold or withdraw consent at any time without affecting my right to future care or treatment nor risking the loss or withdrawal of any program benefits to which I would otherwise be entitled.

I understand that the information disclosed by me during the course of my sessions is generally confidential. Laws around confidentiality do not apply to non-psychotherapeutic services; however, Andrea holds high ethical boundaries of confidentiality for all clients.

I also understand that the dissemination of any personally identifiable images or information from the tele-coaching interaction to researchers or other entities shall not occur without my written consent.

I understand that there are risks and consequences from distance coaching, including, but not limited to, the interrupted transmission of sensitive information through electronic means.

Zoom is the video platform used. There are times when technology fails. To provide consistency of service in spite of technology failures, other options are available. I authorize the use of the following platforms and understand that these platforms are not HIPPA (privacy) compliant.

Please initial:

_____ Zoom _____ Skype _____ Facetime _____ Whatsapp

If Andrea believes I would be better served by another healing modality and Andrea does not provide these services, Andrea will referred to another provider. I understand that I may benefit from distance coaching, but that results cannot be guaranteed or assured.

CONSIDERATIONS:

It is important to note that there are limitations of distance coaching that can affect the quality of the session(s). These limitations include but are not limited to the following:

- If on the phone, body language and other non-verbal reactions cannot be seen, which is why video sessions are preferred.
- Due to technology limitations, Andrea may not hear all of what I say and may need to ask me to repeat things.
- Technology might fail before or during the counseling session.
- Although every effort is made to reduce confidentiality breaches, breaches may occur for various reasons.



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- To reduce the effect of these limitations, Andrea may ask me to describe how I am feeling, thinking, and/or acting in more detail than during a face-to-face session. This level of attention is good and assists the session.

CLIENT REQUIREMENTS FOR TELE-COACHING SESSIONS:

Creating uninterrupted time is critical to any coaching process, distance or in-person. It is easy when one is in their own space to get distracted or to multitask when engaged in distance sessions. Distance coaching requires dedicated time and a space in which we will not be interrupted in order for us to do the deep work of healing. We may need to stop sessions when there is significant background noise (e.g. barking dogs).

In order to assist in the best environment, I will use this guidance when showing up for a session:

- Allow enough time before the session to set up (see points below). Allowing a transition into a space for the coaching session is helpful.
- I will minimize possible distractions, such turning on “do not disturb” on devices.
- I’m comfortable allowing the video call to show my full face and upper body if possible, to help my coach track my non-verbal cues as we work.

I have read and understood the information provided above. I have discussed it with my provider, and all of my questions have been answered to my satisfaction.

Client Name

Signature

Date

